

Full Report (All Nutrients) 02065, Spearmint, fresh ^a

Report Date: October 24, 2015 17:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Common Name: mint

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 59% Refuse Description: Stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 leaves 0.3g	2.0 tbsp 11.4g
Proximates						
Water	g	85.55	2	--	0.26	9.75
Energy	kcal	44	--	--	0	5
Energy	kJ	184	--	--	1	21
Protein	g	3.29	2	--	0.01	0.38
Total lipid (fat)	g	0.73	2	--	0.00	0.08
Ash	g	2.03	2	--	0.01	0.23
Carbohydrate, by difference	g	8.41	--	--	0.03	0.96
Fiber, total dietary	g	6.8	2	--	0.0	0.8
Minerals						
Calcium, Ca	mg	199	2	--	1	23
Iron, Fe	mg	11.87	2	--	0.04	1.35
Magnesium, Mg	mg	63	2	--	0	7
Phosphorus, P	mg	60	2	--	0	7
Potassium, K	mg	458	2	--	1	52
Sodium, Na	mg	30	2	--	0	3
Zinc, Zn	mg	1.09	2	--	0.00	0.12
Copper, Cu	mg	0.240	2	--	0.001	0.027
Manganese, Mn	mg	1.118	2	--	0.003	0.127
Vitamins						
Vitamin C, total ascorbic acid	mg	13.3	2	--	0.0	1.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 leaves 0.3g	2.0 tbsp 11.4g
Thiamin	mg	0.078	2	--	0.000	0.009
Riboflavin	mg	0.175	2	--	0.001	0.020
Niacin	mg	0.948	2	--	0.003	0.108
Pantothenic acid	mg	0.250	2	--	0.001	0.028
Vitamin B-6	mg	0.158	2	--	0.000	0.018
Folate, total	µg	105	2	--	0	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	105	2	--	0	12
Folate, DFE	µg	105	--	--	0	12
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	203	2	--	1	23
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	4054	2	--	12	462
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.191	--	--	0.001	0.022
14:0	g	0.004	--	--	0.000	0.000
16:0	g	0.137	--	--	0.000	0.016
18:0	g	0.020	--	--	0.000	0.002
Fatty acids, total monounsaturated	g	0.025	--	--	0.000	0.003
16:1 undifferentiated	g	0.002	--	--	0.000	0.000
18:1 undifferentiated	g	0.022	--	--	0.000	0.003
Fatty acids, total polyunsaturated	g	0.394	--	--	0.001	0.045
18:2 undifferentiated	g	0.054	--	--	0.000	0.006
18:3 undifferentiated	g	0.338	--	--	0.001	0.039
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	10	--	--	0	1
Amino Acids						
Tryptophan	g	0.050	--	--	0.000	0.006
Threonine	g	0.135	--	--	0.000	0.015
Isoleucine	g	0.135	--	--	0.000	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 leaves 0.3g	2.0 tbsp 11.4g
Leucine	g	0.247	--	--	0.001	0.028
Lysine	g	0.141	--	--	0.000	0.016
Methionine	g	0.046	--	--	0.000	0.005
Cystine	g	0.036	--	--	0.000	0.004
Phenylalanine	g	0.168	--	--	0.001	0.019
Tyrosine	g	0.099	--	--	0.000	0.011
Valine	g	0.164	--	--	0.000	0.019
Arginine	g	0.151	--	--	0.000	0.017
Histidine	g	0.066	--	--	0.000	0.008
Alanine	g	0.171	--	--	0.001	0.019
Aspartic acid	g	0.388	--	--	0.001	0.044
Glutamic acid	g	0.358	--	--	0.001	0.041
Glycine	g	0.158	--	--	0.000	0.018
Proline	g	0.135	--	--	0.000	0.015
Serine	g	0.128	--	--	0.000	0.015

Footnotes

^a Leaf

Langual Code(s)

- A1272 0200 SPICES AND HERBS (USDA SR)
- B1434 SPEARMINT
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN